# Everest View Trek

DURATION: 7 DAYS

### Trip Facts

**Group Size** 1 - 10 Persons

**Trip Grade** Easy

**Accommodation** Hotel, Guest House, Tea House

**Max Height** 3840 Metres

**Start From** Kathmandu

**End At** Kathmandu

**Transportation** Plane, Car, Jeep

**Duration** 7 Days

**Meals included** Breakfast, Lunch, Dinner Days

**Best season:**
March - May, September - November

## Trip Overview

**Everest view trek follows the legendary** 'Everest Trail' from the airstrip at Lukla. In just a little more than one week, you can trek up to the exceptional viewpoint of Syangboche, witness the stunning Everest view at sunset, and experience the breathtaking mountain scenery of Khumbu. A memorable small-plane mountain flight from Kathmandu to the airstrip at Lukla provides access to an alpine world where the air is crystal clear and colorful prayer flags flutter from the rooftops. The trek then sets off directly from the airstrip. Tour the famous Namche Bazaar, which is the primary town of the Everest or Khumbu region and has **government offices, ATMs, internet cafes, shops,** restaurants, and a colorful market. Hike up to Sagarmatha National Park and enjoy the sunrise over the Himalayas including Mount Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, Kongde, and others. Experience a trek to Mount Everest, the tallest mountain in the world at 8848 m above sea level through Everest Base Camp Trek. This trek follows in the footsteps of Tenzing Norgay Sherpa and Edmund Hillary, and you will pass numerous Sherpa valleys before you reach Everest Base Camp. The trail winds its way through Sagarmatha National Park, home to several 8000-meter peaks.

This trek follows the paths of **Tenzing Norgay Sherpa and Edmund Hillary** as it passes through the Sherpa valleys and Sagarmatha National Park. The journey offers the opportunity to experience the best of the Himalayas, learning about the rich cultural heritage of the Sherpa people, the stunning scenery, and the physical challenges of trekking to Everest Base Camp. The trail also includes notable landmarks such as Tengboche Monastery and Khumbu Icefall. Tips for responsible tourism in Sagarmatha National Park are provided, , and the traditions and hospitality of the Sherpa people are explored. The journey is not only a physical challenge but also a cultural and spiritual experience, making it an unforgettable adventure. The trek to Everest Base Camp is a once-in-a-lifetime opportunity to immerse oneself in the unique environment of the Himalayas and gain a deeper appreciation for the natural beauty and cultural significance of the region. With proper preparation and respect for the local customs, visitors can have a meaningful and sustainable impact on the preservation of Sagarmatha National Park.

## Trip Itinerary

## Day 1 Kathmandu, Arrival in Kathmandu 1,400m

Hotel 1400 m

Welcome to Kathmandu, the capital and cultural hub of Nepal! We'll be waiting with a warm greeting and an easy transfer to your hotel. Plan on an evening briefing on last-minute specifics about your trek and an early lights-out: you have a big day ahead.

## Day 2 Kathmandu to Lukla flight, trek to Phakding 2,800m

3.30 Hrs Breakfast, Lunch & Dinner Guest House Plane, Walking 2800 m

After a short morning flight to Lukla, you'll be introduced to your guide and porter. Kick-off your trek with an easy walk through Chaurikharka village and descent towards Dudhkoshi Ghat (2,530m/8,300ft). The trail follows the bank of the Dudhkoshi River until Phakding (2,652m/8,700ft), where we will be staying for the night to acclimatize.

## Day 3 Phakding to Namche Bazaar 3,440m

5 - 6 Hrs Breakfast, Lunch & Dinner Guest House Walking 3440 m

We'll have breakfast in Phakding before gearing up for the trek to Namche Bazaar, the biggest Sherpa village in Nepal. Our trail takes us first over the Dudhkoshi River via a long suspension bridge, and then through a beautiful pine forest to Monjo, about two hours away. Soon thereafter, we will approach the entrance to Sagarmatha National Park for a brief permit check and then descend to Dudh Kosi River (spotting Mani stones along the way!) en route to Jorsale. Lunch will be served here, and then it's uphill to Namche. Our path along the riverbank is flanked by two crossings, one of which is the Hillary Suspension Bridge. It's a tough climb up the hill to our resting place, but you'll be rewarded in Namche Bazaar with your first glimpse of Everest in its majesty.

## Day 4 Namche Bazaar - day hike Khunde/Khumjung/Everest

6 - 7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3840 m

We leave early for the hike up to the Everest View Hotel about an hour's hike above Namche for a fantastic Panorama of the Himalayas and a great view of Everest, Lhotse and Ama Dablam. After enjoying the view and relaxing with a hot coffee we continue to the traditional Sherpa villages of Khunde and Khumjung. If you get a chance ask your guide to take you to the Khumjung Monastery which houses the scalp of what's said to be a Yeti. Leaving the villages we circle back to Namche via the small airstrip at Syangboche.

## Day 5 Namche to Phakding and Lukla 2,800m

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 2800 m

After breakfast, we trek toward the Hillary Suspension Bridge and then pass through several local villages. Our arrival in Lukla brings an evening in our last tea house and, traditionally, a party with your trekking crew: you made it! Thanks to great teamwork and perseverance, you've accomplished a physical feat of which others only dream. This is your last night on the mountain, which can be bittersweet.

### Day 6 Lukla to Kathmandu 1,400m

35 min | Breakfast & Lunch | Hotel | Plane | 1400 m

In the morning, you'll hop a brief flight from Lukla to Kathmandu, where your journey both began and ends. You'll transfer to your hotel upon landing for some much-needed solo rest and reflection after your trek conquering the Himalayas. We'll reunite in the evening for a farewell dinner at one of the best Nepalese restaurants in town, where we'll be eager to hear your feedback on the trip.

### Day 7 Kathmandu: departure day 1,400m

1400 m

It's your last day in Nepal! Grab some breakfast, and then take in some last-minute shopping in Kathmandu. We'll make sure you arrive at Kathmandu International Airport with plenty of time before your flight home. At this time, we'll say our goodbyes and bid you farewell, armed with warm memories and gorgeous photos to show your loved ones.

## Cost Includes

- Airport pick-up and drop off
- All ground transport in private vehicles
- Guesthouse accommodation during the trek
- Breakfast, lunch, and dinner during the trek

- Experienced, helpful, and friendly guide
- Round trip flight Kathmandu – Lukla, and Lukla – Kathmandu including departure taxes
- Trekking map and trip achievement certificate
- Down jackets and Sleeping bags for the trek (should be refunded after the trek
- Sagarmatha National Park permits fee
- Trekkers' information management system (TIMS) fee
- Government taxes and office service charge
- First aid medical kit
- Staff insurance
- Fresh fruit

## Cost Excludes

- International airfare to and from Kathmandu.
- Extra night accommodation and meals in Kathmandu because of late departure or early return from the mountain due to any reason than the scheduled itinerary
- Rescue insurance
- Beverage bills, bar bills, and Personal expenses.
- Tips for guides and porters.
- Excess baggage charges (if you have more than 10 kg of luggage, a cargo charge is around $1.5 per kg)
- Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- Optional trips and sightseeing if extended
- Alcohol, Cigarettes, and other personal expenses
- Travel, accidental/ health insurance (mandatory).
- Visa fee
- Emergency evacuation

## Trip Map

